

CARBON COUNTY SENIOR CITIZEN

Reducing Restlessness and Anxiety

Practical ways of helping you care for a person with memory loss and confusion

People with memory loss and confusion may at times be anxious, nervous or restless. This can lead to problem behaviors such as wandering or constant pacing. Here are some practical ideas to help you calm the person and reduce anxiety.

1. Check for physical causes.

- ♦ Check for comfort. See if the person needs a snack, something to drink, a sweater or to use the toilet.
- ♦ Check for pain, illness or constipation.
- ♦ Avoid caffeine. Caffeine is in coffee, teas, sodas and

chocolate.

2. Keep activities simple.

- ♦ Before giving directions for an activity, get the person's attention.
- ♦ Modify tasks to fit abilities. A person who used to garden may still be able to rake leaves.
- ♦ Break down activities into simple steps. For example, if the person is helping with laundry, have him or her sort the clothes first and then fold them.

3. Establish routines.

- ♦ Do the same things, such as bathing, eating or exercise, at the same time each day.
- ♦ Choose the most relaxed time of day for difficult activities.

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Menu on colored page

4. Plan daily activities.

- ♦ Plan physical activity every day. Try taking a walk together each afternoon.
- ♦ Involve the person in ordinary household tasks. Many people are able to wash vegetables, fold laundry, sweep or dust.

5. Offer distractions.

- ♦ Offer the person a favorite food or beverage.
- ♦ Distract the person by starting a conversation. Begin a new activity. Offer to take him or her for a walk.
- ♦ Give the person something to play with such as a small ball or a stuffed animal.

6. Create a calm environment.

- ♦ Remove clutter and extra furniture.
- ♦ Turn down the TV. Play

soft music.

- ♦ Limit the number of people or activities around the person.
- ♦ Offer only a few choices of food, clothing or activities.
- ♦ Try soothing activities like gentle massage or brushing the person's hair.

7. Look for early signs.

- ♦ Watch for early signs of frustration in activities such as bathing, dressing, or eating. Respond with calm tone.
- ♦ If an activity is causing anxiety, take a break and come back to it later.
- ♦ Remember to give yourself a break too. If you are tired, frustrated or angry, the person may react to your mood.

8. Give reassurance.

- ♦ Offer affection and comfort. For example, tell the person that you care for him or her.
- ♦ Give nonverbal signs, try holding his or her hand or giving the person a hug.
- ♦ Experiment with soothing objects such as a stuffed animal or soft blanket.
- ♦ Having a dog or cat nearby soothes many people.

9. Communicate calmly and clearly.

- ♦ Use a relaxed voice.
- ♦ Speak in clear, short sentences.
- ♦ For example, say, "Please sit down" or "Pick up your fork."
- ♦ Approach the person from the front if he or she is startled by your voice

On Going Daily Activities: Subject to change without notice

Price Center Classes & Activities	Day & Time
Rocky Mountain Blood Pressure	2nd Monday of month 10:00 a.m.
Community Nursing Blood Pressure	4th Monday of month 10:00 a.m.
Billiards	Daily During Business Hrs
Bingo (American Legion Auxiliary)	Monday 6:00 p.m.
Game Day	Tuesday & Thursday 1:00 p.m.
Computer Lab	open every day During Business Hrs
Quilters	2nd Thurs 6 pm & 3rd Thurs 1:30 pm
Exercise Equipment	Daily During Business Hrs
Ceramics	Beginning at 10:00 am Mon– Thurs
Oil Painting	Wednesday at 1:00
Line Dancing	Monday, Tuesday & Thursday 9:00 a.m.
Bowling Jensen's Country Lanes	Friday 1:00 p.m.
Lunch	Daily 12:00 p.m.
Music by The Melody Five	Wed 11:30 a.m.
Music by The Four Tune O's	1st & 3rd Tuesday 11:30 a.m.
Organ Lessons	Thurs weather permitting 11:00 & 1:00pm
Movie (to be announced) call Center	Tues 1:00 p.m.
Shopping	Mon & Thurs 1:00 p.m.
Square Dancing	1st & 3rd Thurs of each month 7:00 pm
Sing along	2nd & 4th Thursday 11:00 a.m.
Carbon County Historical Society	Last Thurs of each Month 6:00 pm
Computer Class	Call Center for Info 636-3202
Bingo	Every Wednesday 1:15 pm
Music by James (Jimmy) Eaquinto	1st & 3rd Thursday of month
On some Mondays Music by	Tom Smith, Tom Berryman,
"Music of the Heart"	Ed Burnham & Neldon Huff
Yoga	Tues & Thurs at 10:00am
FREE Hearing & Hearing Aid Checks	2nd Friday of Month at 10:30am
Kristy Woodhouse (sing)	2nd Friday & 4th Tuesday at 11:00am
Exercise Class	Wednesday & Friday 11:00am
Golf (seasonal)	Tues of each week in the morning
PICNIC (POT-LUCK) JUNE 2, 2009	NORTH SPRING SHOOTING RANGE

On Going Daily Activities: Subject to change without notice

East Carbon	
Classes & Activities	Day & Time
The Four Tune O's	1st & 3rd Monday 11:30am
Lunch	Daily (Mon –Fri) 12:30pm
Bingo	Mon, Wed, & Thurs 1:30pm
Cards	Tues & Fri 1:30pm
Blood Pressure	1st & 3rd Weds of month 10:30am
Shopping in Price	Friday 1:30pm
Billiards	Daily During Business Hours
Computer Class	to be announced Call center for more info
Exercise Class	Tues & Thurs 11:30 a.m.
Walking (when weather permits)	Daily 7 a.m.

Cont. from page 2

- ♦ Allow time for the person to respond.
- ♦ Use repetition and frequent reminders.
- ♦ If the person is anxious about time, try a simple schedule showing the day's activities.

10. Talk to a doctor.

- ♦ Ask a doctor if any medical conditions could be causing anxiety or restlessness.
- ♦ Find out about medications too. Some medications can cause restlessness. Others may help reduce anxiety.

Arm in Arm

“Coming together is a beginning. Keeping together is a progress. Working together is a success.”

— Henry Ford

Sudoku

		3	6		5	9	4	
9	4					6		5
					7		8	
		8				1	9	4
	6		3		4		7	
5	7	4				3		
	3		1					
8		6					5	1
	5	1	4		9	8		

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Use the answers page if you really get stuck.

Sudoku Answers

2	8	3	6	1	5	9	4	7
9	4	7	2	8	3	6	1	5
6	1	5	9	4	7	2	8	3
3	2	8	5	7	6	1	9	4
1	6	9	3	2	4	5	7	8
5	7	4	8	9	1	3	2	6
4	3	2	1	5	8	7	6	9
8	9	6	7	3	2	4	5	1
7	5	1	4	6	9	8	3	2

Your Actions Count

“Knowledge may give weight,
but accomplishments give luster,
and many more people see than weigh.”

—Earl of Chesterfield



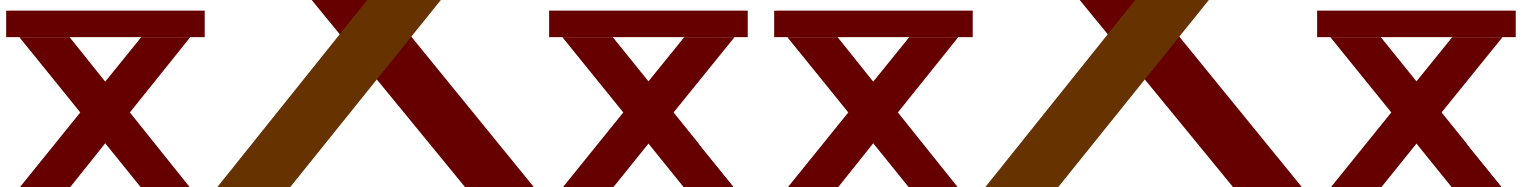
June 2, 2009

North Spring Shooting Range



Picnic

Sloppy Joes, Potato Salad, Bring a Pot Luck to share



New AARP Driver Safety Course

Insurance discounts

New Material Provided

Call Price Senior Center

to sign up 636-3202

Leonard Miller, Instructor

Wednesday July 1, 2009

1:00pm –5:00pm

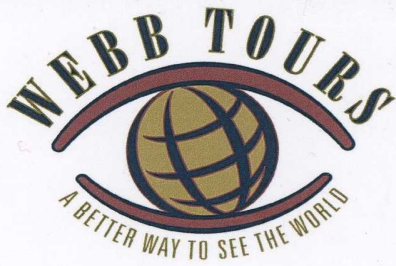
Cost per person \$12.00

Lunch is available at the center at Noon

60 AND ABOVE \$3.00 DONATION

UNDER 60 \$6.25





Tour Includes:

Airfare from Salt Lake City to and from San Francisco
 Escorted sightseeing by private, luxury motor coach
 Professional, experienced and knowledgeable Webb Tours Director throughout
 Excellent accommodations that are well located including the Holiday Inn in Fisherman's Wharf
 Eleven delicious meals including Pier 39 in San Francisco and lunch in Sonoma County Winery

Sightseeing Highlights:

- Highlights of San Francisco including Fisherman's Wharf, Cable Car ride, Chinatown, Golden Gate Park and much more
- Locally guided tour of San Francisco
- Full day in the Redwoods in Humboldt State Park (stunning!)
- Visits to interesting wineries in lovely settings
- Day trip to Carmel and Pebble Beach
- Optional evening Broadway show

Tips for baggage handling, taxes and hotel gratuities except gratuity to your driver and local guides

San Francisco, Wine, Country, Redwoods & More!

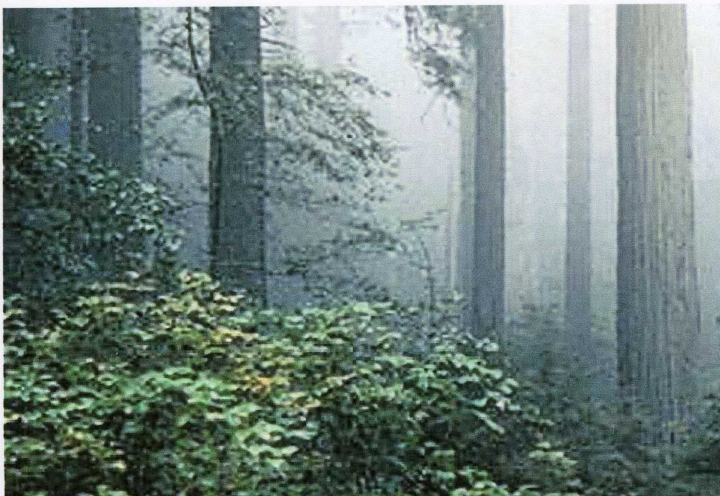
October 12-18, 2009



San Francisco from the Golden Gate Bridge

Featuring San Francisco, the Majestic Redwoods, Wine Country, Carmel by the Sea and more!

This tour is designed for the Carbon County Seniors and their friends. The price of the tour includes transportation from Carbon County to and from the Salt Lake Airport. Space is limited to one bus which will fill fast. We encourage you to register early if you are interested.



The Mighty Redwoods in Humboldt Park

Pricing Information

(Prices are per person based on number of persons sharing a hotel room)

Two in a Room.....	\$1,595
Three in a Room.....	\$1,585
Four in a Room.....	\$1,455
One in a Room.....	\$1,995

To register for the tour, call us at 278-3101 or 800-658-8519... OR speak with Tammy at the Senior Center and she can provide you with the information that you will need to register.

Payson Salmon Supper

August 7, 2009

Cost per person \$28.00

Must pay for trip
when signing up

Cut off July 10, 2009

Price includes dinner and transportation



Dear Seniors,

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Can you believe it? We are nearing the halfway mark for 2009. I know I mention this several times a year but I really am amazed at how fast the years, months, days go by.

May was a busy month for us. The dance, held Mother's Day weekend, was most successful. Everyone in attendance seemed to have a great time. It's interesting who shows up. As I was checking folks in a couple of ladies from Pocatello, Idaho, visiting the area, came and enjoyed the music. You just never know.

Our yard and bake sale was not only fun, it was great. We could not have this annual event without all the donations. I thank everyone who took the time to go through cupboards, closets and garages to make the sale a success. Once the donation was made we stored the items in the basement until the day before the big sale. Friday after lunch, we had to organize the dining room and haul all of the donated items upstairs. We had numerous seniors help, not only did they help reorganize the dining room but they helped load carts then hauled the items upstairs and set them out on tables. We could not have done it without you, thanks.

I also want to extend a huge thank you to all those who embroidered dish towels. I know how much time it takes to complete a set and some embroidered several sets for us. I wish I could ask a per hour price for the work but no one could afford them if I did.

I am so enthused about our "Walk to Hawaii" event. Keep in mind it is **not too late** to join us in our walk. The more the merrier! Call or come in to get signed up! We had a rough start with our pedometers not functioning properly. But thankfully I was able to return those for a full refund. Still, I have to admit we've had a few problems with the replacement pedometers as well. If you've had trouble with your pedometer please return it and we will provide another. They are not an expensive item and can be purchased at our local Walmart or Kmart if you are looking for a little better performance. For me, the "Walk to Hawaii" has been an incentive to get me out walking more. Walking is one of the simplest forms of exercise and can be done by almost anyone. I hope our "Walk to Hawaii," encourages you to get some exercise and have some fun at the same time. I'm looking forward to the Luau when we get there.

May God bless each of you always!

Debby

Thoughts to consider:

Follow the three R's: Respect for self, Respect for others and Responsibility for all your actions.

Remember that not getting what you want is sometimes a wonderful stroke of luck.

Live a good, honorable life. Then when you get older and think back,
you'll be able to enjoy it a second time.